

## Daily Affirmations- April 2015

**Affirmations** are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past. **Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

**Affirmations** support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

**Affirmations** are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Wed., April 1 <sup>st</sup>	This too shall pass.
Thurs., April 2 <sup>nd</sup>	I am in pain but I choose not to suffer.
Friday, April 3 <sup>rd</sup>	Without struggle, there is no progress.
Sat., April 4 <sup>th</sup>	Live. Love. Laugh.
Sunday, April 5 <sup>th</sup>	Today's a new reality. It's never too late to start anew.
Monday, April 6 <sup>th</sup>	However uncomfortable it may be, today I embrace change.
Tues., April 7 <sup>th</sup>	I am stronger each and every day.
Wed., April 8 <sup>th</sup>	I can change what I say, what I do and how I react.
Thurs., April 9 <sup>th</sup>	Make a small change every day. Pretty soon you've done what's necessary to change your life.
Friday, April 10 <sup>th</sup>	If you believe it, you can achieve it.
Sat., April 11 <sup>th</sup>	Focus on the moment at hand.
Sunday, April 12 <sup>th</sup>	I'm not where I want to be but, thank God, I'm not where I used to be.
Monday, April 13 <sup>th</sup>	One day at a time.
Tues., April 14 <sup>th</sup>	Please don't judge me on my past. I'm not moving that way!
Wed., April 15 <sup>th</sup>	I'm glad to be alive. However, I strive for more than just existence.
Thurs., April 16 <sup>th</sup>	I am getting the most out of life's experiences.
Fri., April 17 <sup>th</sup>	If you see someone without a smile, give them one.
Sat., April 18 <sup>th</sup>	Be strong. Never give up.
Sun., April 19 <sup>th</sup>	Greater is He that is in you than He that is in the world.
Monday, April 20 <sup>th</sup>	Every passing second is a chance to turn it all around.
Tues., April 21 <sup>st</sup>	I don't worry about what I've done before. I focus on how to change today.
Wed., April 22 <sup>nd</sup>	Give me the courage to accept the things I cannot change.
Thurs., April 23 <sup>rd</sup>	I've been knocked down but I'm getting back up.
Friday, April 24 <sup>th</sup>	I forgive myself so I can forgive others.
Sat., April 25 <sup>th</sup>	Breathe in positive thoughts. Breathe out stress, tension and negativity.
Sunday, April 26 <sup>th</sup>	God, please put your faith in me as I'm putting my faith in you.
Monday, April 27 <sup>th</sup>	When one door closes, another one opens.
Tues., April 28 <sup>th</sup>	Meditate. Exercise. Eat healthy. Smile.
Wed., April 29 <sup>th</sup>	If I show up, God will show out. Have faith, seek and be patient.
Thurs., April 30 <sup>th</sup>	Happiness can be found in even the darkest places, if one only remembers to turn on the light.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

**In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.**

**"We Rise by Lifting Others" – Robert Ingersoll**